



RMSC, ROCKVILLE SITE - FALL PRACTICE SCHEDULE
BEGINNING NOVEMBER 16 THROUGH DECEMBER 23 2015

Read the CHIPS Newsletter for Special Thanksgiving Practice Schedule on 11/26-11/29

INSTRUCTIONAL STROKE SCHOOL

MON., WED. FRI: 7:00 - 8:00 p.m. MC Rockville
(MWF practices to stop after 12/18 - watch you email for Holiday Break practice information)
SUNDAY: 8:00 - 9:00 a.m. North Pool

JUNIOR II

MON., WED., FRI.: 8:00 - 9:00 p.m. MC Rockville
(MWF practices @ MC to stop after 12/18 - watch you email for Holiday Break practice information)
TUESDAY & THURSDAY: 4:45 - 6:00 a.m. North Pool
SATURDAY (11/21): 10:30 - 11:30 a.m. KSAC Pool
SATURDAY (12/5, 12/12, 12/19): 10:30 - 11:30 a.m. MC Rockville

JUNIOR I

MON - FRI: 4:45 - 6:00 a.m. North Pool
TUESDAY: 4:30 - 6:00 p.m. North Pool
SATURDAY: 7:30 - 9:00 a.m. North Pool

SELECT JUNIOR

MON - FRI.: 4:45 - 6:00 a.m. North Pool
TUESDAY & THURSDAY: 4:30 - 6:00 p.m. North Pool
SATURDAY: 7:30 - 9:00 a.m. North Pool
SUNDAY: 6:00 - 8:00 a.m. North Pool

SENIOR DEVELOPMENTAL & HIGH SCHOOL TRAINING

MON., WED., THURS: 8:35 - 9:35 p.m. G-Burg Aquatic

SENIOR III

MON., WED., THURS: 8:35 - 9:35 p.m. G-Burg Aquatic
SATURDAY (11/16, 11/23): 9:30 - 10:30 a.m. KSAC
SATURDAY (12/5, 12/12, 12/19): 9:30 - 10:30 a.m. MC Rockville
SUNDAY: 6:00 - 8:00 a.m. G-Burg Aquatic

ADVANCED SENIOR GROUP

MON., WED., FRI.:	3:30 – 5:00 p.m.	North Pool
MON., WED., FRI:	4:45 - 6:00 a.m.	North Pool
THURSDAY:	4:30 - 6:00 p.m.	North Pool
SUNDAY:	6:00 - 8:00 a.m.	G-Burg Aquatic

NATIONAL TRAINING GROUP:

MON, WED, FRI:	4:45 - 6:15 a.m.	G-Burg Aquatic
TUES, THURS:	4:45 – 6:30 a.m.	G-Burg Aquatic
*MON, WED, FRI:	3:00 – 5:00 p.m.	North Pool
*TUES, THURS:	3:00 – 4:30 p.m.	North Pool
SATURDAY:	5:30 - 8:00 a.m.	G-Burg Aquatic

(*Check with your coach for which afternoons to attend, as group will be split among different days)

LOCATIONS

North Pool = Rockville Swim and Fitness Center North Indoor Pool, 355 Martins Lane, Rockville MD 20850

MC Rockville = Montgomery College Rockville Campus Swimming Pool in Physical Education (PE) Building, 900 Hungerford Drive, Rockville MD 20850. Use Parking Lot 11 accessed off Mannakee Drive.

KSAC Pool = Kennedy Shriver Aquatic Center, 5900 Executive Boulevard, Rockville MD 20852

G-Burg Aquatic = Gaithersburg Aquatic Center, 2 Teachers Way, Gaithersburg MD 20877

Please contact Head Swim Coach Dave Greene at dgreene@rockvillemd.gov or 240-314-8755 with any questions. Thank you for your continued flexibility, patience and support as we move forward on the South Pool Renovations project.